

HALIFAX

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NEWS



Animal cruelty charges laid

North Preston man's dog was found frozen to death in his yard this winter

PAGE 3

N.S.-born man reportedly dies in Syria

22-year-old convert was fighting against Syrian regime

PAGE 10

Smells like teen nostalgia

If you can't say Mark Wahlberg without the 'Marky,' The Seahorse Tavern might have the night for you

PAGE 14

FAT-BOTTOMED COPS: BY (DAIRY) QUEEN

POLICE AND ARMED FORCES STRUGGLING TO FIND A FEW GOOD MEN WHO CAN ALSO PERFORM A FEW GOOD PUSHUPS

PAGE 11



DROUIN HELPIN' WINNIN'

Halifax Mooseheads' Jonathan Drouin comes off the boards as Robert Pelletier of the Charlottetown Islanders gives chase during QMJHL action at the Halifax Metro Centre on Wednesday. Drouin, in his first game back with Halifax after playing for Canada at the World Juniors, finished with two assists in a 5-1 Halifax win. Story, page 21. JEFF HARPER/METRO

Thaw breaks 'cabin fever'

'Perfectly tolerable.' Environment Canada says mild stretches like this not that unusual

For Ian Foley, it was a welcomed reprieve from winter's bitter grip.

The 17-year-old sat basking in the sun at the Halifax Public Gardens on Wednesday during balmy January weather — the perfect remedy for his "cabin fever."

"I've been enjoying watching the ducks slip on the ice," said Foley with a laugh, pointing towards a thawing pond.

"I've been stuck inside for a long time and I just wanted to get outside and enjoy the nice weather."

The temperature peaked at 12 C Wednesday, far exceeding the normal of about -1 C, Environment Canada said.

Some people could be seen



Suzanne and Jayme Salsman at the Public Gardens on Wednesday.
ALY THOMSON/METRO

sporting spring attire downtown, while others zipped down snowless streets on skateboards.

The gates of the Public Gardens were open Wednesday. They closed to the public on Nov. 30, but the park is open intermittently if weather permits.

Andrew Murphy said he went to the gym Wednesday

morning and didn't bother changing out of his shorts afterwards.

"(My legs) are a little cooler than ideal, but it's perfectly tolerable," he said at the Gardens, adding he was planning on firing up the grill for dinner.

The so-called January thaw isn't unusual, said meteorologist Tracey Talbot. She said warm air is being brought up from the Gulf of Mexico.

"This kind of thing happens regularly ahead of some of systems that move through the continent," said Talbot.

The record high for Jan. 15 is about 13 C and was set in 2006, she said.

Talbot said the warmer weather should stick around for the weekend, but temperatures will begin to drop back to normal on Monday.

That's not good news for Foley.

"I wish it would continue. I don't like winter."

ALY THOMSON/FOR METRO

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Evacuation

Truck carrying diesel fuel bursts into flames

An Esso fuel truck caught fire on Highway 102 in Millbrook late Wednesday afternoon and kept burning for close to five hours before being extinguished.

The fire was reported at 5:09 p.m. with emergency officials declaring it put out just after 9:30 p.m.

Several small explosions were heard, and flames and thick, black smoke filled the air at the scene.

The truck was carrying a large amount of diesel fuel, and RCMP said it was concerned with the amount of fuel on the truck.

Residents within a 1/2 kilometre radius of the fire were evacuated from homes, along with businesses in the Truro Power Centre.

"I think (firefighters) thought they had it pretty well contained and then it flared up again," Colchester RCMP Staff Sgt. John Anderson said Wednesday night. "You can imagine a large amount of fuel is hard to predict."

Police said the driver, the lone occupant of the vehicle, was safe.

Both the northbound and southbound lanes of the highway between exits 12 and 13 were closed to traffic as firefighters tackled the dangerous fire.

TRURO DAILY NEWS



Truck in flames on Wednesday evening. TRURO DAILY NEWS



With a spring in her step

Clouds move in on a setting sun as a runner makes her way up Citadel Hill on Wednesday. Many were out enjoying the spring-like weather as temperatures reached 12 degrees in Halifax on what was a mostly clear day. JEFF HARPER/METRO

Charges laid in frozen dog case

North Preston. Man faces three counts of animal cruelty



HALEY RYAN
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The SPCA have laid animal cruelty charges against a North Preston man after a dog was found frozen to death in his yard just before Christmas.

On Dec. 23, the Nova Scotia SPCA responded to a complaint about a dog thought to be lying dead in the yard of a North Preston home. When officers arrived they confirmed the animal — an American Staffordish Terrier — had frozen to death

in a doghouse.

David Ross, a chief inspector for the SPCA, said Wednesday it's "very sad" this case turned out how it did.

"This is what we don't want to happen," he said.

The dog's body was sent to Department of Agriculture facility in Truro for a necropsy earlier this month, and the results showed the dog died of "severe malnutrition and hypothermia," according to a SPCA release.

Ross said the dog, a female, was "quite severely emaciated" when he arrived on Dec. 23 to take the body away from the North Preston home.

He said he wasn't sure how long the dog had been left outside.

On Wednesday, the SPCA charged the homeowner where the dog was found with three counts of animal cruelty, including failure to provide an adequate source of food and water, failure to provide reasonable protection from injurious heat or cold, and causing an animal to be in distress.

"It is unusual to find an animal that has succumbed either to the heat or the cold," Ross said. "We're always disturbed when this has happened because this not what we want."

If convicted, the man could face a lifetime prohibition on owning or having custody of animals, a maximum fine of \$10,000 or six months in jail.

He will appear in Dartmouth Provincial court on March 11.

Ross said he doesn't know of anyone who has gotten jail time in an animal cruelty case, but if found guilty, he said it will be up to the judge to determine that here.

"I'd like to see the person held accountable," Ross said.

Quoted

"Even one case of abuse or neglect ... is one case too many." David Ross, chief inspector for the SPCA

1 NEWS

SPRING GARDEN ROAD EXPERIENCING
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FREEZING PRICES!

Savings forecast:
Thursday, January 16th
to Saturday, January 25th

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First 100 days. Grits need to tackle the province's finances, says Baillie

Nova Scotia's leader of the official Opposition reflected on the Liberal's first 100 days in government on Wednesday, saying not enough has been done to address the province's finances.

Progressive Conservative leader Jamie Baillie said fixing the books should have been top of mind for the new government after taking the reins in October.

A budget forecast released in December shows the province has fallen deeply into the red, with a deficit of about \$481 million for 2013-14 and the provincial debt at nearly \$14 billion.

"Nova Scotians voted for change. They want real action to turn the province around," Baillie said following a luncheon with business leaders at the Halifax Club.

"Nova Scotians rightly expect that with a new government comes new energy and new ideas, and yet we're still waiting to see any of that 100 days later."

Despite the government's



Tory leader Jamie Baillie
ALY THOMSON/FOR METRO

financial woes, Baillie said there are ways that jobs can be created at no cost to the province.

He said removing some regulations on bus companies that prevent more chartered buses from being on the roads transporting cruise-ship tourists would be a start.

"That's an idea that I'm hopeful the Liberals will take up and run with it," he said.

Baillie says as the official Opposition, he wants to do more than criticize Premier Stephen McNeil's government.

"Every time we express a concern, we can lead from Opposition by putting forward an idea about what we would do that's different."

ALY THOMSON/FOR METRO

Province

\$481M

Approximate amount of debt in 2013-14.

Grey area. N.S. emission regulations may not meet federal limits

Air-quality regulations for Nova Scotia's coal-fired power plants could fall short of targets to be set by Ottawa, warn briefing notes to the province's energy minister.

"There is a risk that Nova Scotia's current air quality regulations for the electricity sector will not be able to meet future federal air pollutant requirements and/or meet the requirements for an equivalency agreement," they say.

The briefing notes, prepared by the province's Environment Department for Energy Minister Andrew Younger soon after the Liberals took power in October, say the issue is being monitored closely. They were obtained by The Canadian Press under access to information laws.

Jason Hollett, executive director of the Environment Department's sustainability and innovation division, said

Tops in the pits

Nova Scotia has some of the highest-polluting power plants in North America, according to the province.

there is a concern because the province has its own regulations for air pollutants while Environment Canada has not yet set federal regulations.

"So we have no idea if ours will be adequate or no idea if ours will be in the proper time frame," Hollett said.

Nova Scotia's regulations cover pollutants emitted by coal-fired power plants that include mercury, nitrogen oxide and sulphur dioxide. Under those regulations, Nova Scotia is required to reduce pollutants in 2014 and again in 2020.

THE CANADIAN PRESS



HRM snow plows, like this one, don't specifically clear streets with bike lanes on them any faster than ones without. JEFF HARPER/METRO

It's a hard-knock bike lane in winter

Snow clearing. Bike lanes could get specific service standards

Quoted

"Purcell's Cove Road ... there's a beautiful stretch of bike lane and people are (cycling) in the middle of the road because there's debris all over." Coun. Linda Mosher



RUTH DAVENPORT
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City staff are looking into the possibility of establishing service standards for bike lanes in HRM.

Coun. Jennifer Watts tabled a motion for a report into the issue during Wednesday's budget discussion at the Committee of the Whole, citing concerns about debris and snow obstructing bike lanes.

"If the lane cannot be used

... because it's full of grit or sand or debris, particularly after storms, it forces cyclists to go into the road and the potential for conflict is even more dramatic," she said.

Municipal operations manager Chris Mitchell told the committee bike lanes are currently "loosely tied" to the priority of the street they're on, meaning they're cleared in whatever time frame applies to the priority level of the street.

"What I need to have some

discussion on is, is there a desire to have them delinked?" he said. "If so, I'll need to provide some kind of costing. To up the service of something that I wouldn't normally have to do ... would eventually have to remove service from something else."

Coun. Stephen Adams suggested bike lanes should be used for parking from November to April, saying it's unsafe for cyclists to be on the road in bad weather.

"There's ice and snow, and it's cold — if they slip on some of the debris in the bicycle lanes and go out into traffic, that's not serving anyone," he said.

Two members of the public who addressed the committee urged councillors to invest in bike lane maintenance, and more active transportation infrastructure overall.

"Many tech companies are ... moving to vibrant downtowns with all the amenities you'd expect from a modern city. And part of that is effective bike lanes," said Tristan Cleveland of the Ecology Action Centre. "A beautiful, active city on the ocean that's well connected to nature is an extraordinary way that we can sell ourselves."

December snow cost HRM \$7M to clear

HRM spent a little over a third of its winter-works budget this season on snow-clearing efforts in December alone.

Halifax regional council's Committee of the Whole heard Wednesday that last month's snowstorms cost about \$6.9 million of the \$19.9 million devoted to salting and snow removal.

"Most of those events happened on back-to-back weekends and two of the statutory

holidays, so our expenditures would have been a little higher because of that," said deputy CAO Mike Labrecque during a budget presentation for the department of transportation and public works.

Labrecque said about 60 per cent of the winter works budget is fixed, or not weather-dependent. "The variance in winter works is in three areas: overtime, salt usage and hourly-based equipment," he said. "Per-

For a rainy/snowy day

\$13M

What was left of the winter works budget heading into January.

formance-based contracts ... tend to stabilize and make our expenditures more predictable."

The issue of sidewalk clear-

ing on the peninsula came up several times in light of poor reviews contractors received.

Coun. Tim Outhit asked whether the budget needed to be increased to ensure better results in future.

"The priority right now is to ensure ... the public is getting the service for the money it's paying," said Labrecque. "I wouldn't recommend, at this point, making any additions to the budget."

RUTH DAVENPORT/METRO

KIA

15TH

ANNIVERSARY SALE

THROWBACK PRICING

PAYMENTS LIKE THEY WERE 15 YEARS AGO

2014 IIHS TOP SAFETY PICK

Optima SX AT shown[^]

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5.7L/8.9L

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2013 IIHS TOP SAFETY PICK

Forte SX shown[^]

THE ALL-NEW 2014 FORTE

hwy / city 100km^{*}
5.3L/8.0L

WAS
~~\$96~~

THROWBACK PRICING

\$76[⁂] BI-WEEKLY for the first 15 MONTHS.

0%
financing

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THE NEW 2014 RIO

hwy / city 100km^{*}
5.3L/7.5L

WAS
~~\$89~~

THROWBACK PRICING

\$69[⁂] BI-WEEKLY for the first 15 MONTHS.

0.99%
financing

Includes Variable Throwback Pricing Incentive. \$69 bi-weekly payments include \$640 Throwback Pricing Incentive. Payments are based on 2014 Rio LX MT (R0541E), 60-month financing amortized over 84 months. After 15 months, bi-weekly payments increase to \$89. Principal balance of \$4,556 due after 60 months. Throwback Pricing Incentive may be taken as a lump sum or to reduce financed amount.*

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Woman with disability should not be before courts: Mother

Care facility. Nichele Benn charged with hitting employee with foam letter, shoe

The mother of a Nova Scotia woman with an intellectual disability who is accused of biting and striking a staff member at a care facility says her daughter shouldn't be before the courts.

Brenda Hardiman accompanied her daughter Nichele Benn, 26, as the young woman made her first court appearance Wednesday on charges of assault and assault with a weapon.

Police allege Benn bit and hit an employee with a foam letter and a shoe at the Quest Regional Rehabilitation Centre in Halifax on Dec. 12.

During the hearing, defence lawyer Jane O'Neill said she will argue Benn needs a medical assessment on whether she is criminally responsible for her actions when the case returns to provincial court next Wednesday.

Outside court, Hardiman said Benn's case shouldn't be going through the criminal justice system because her outbursts are due to an organic brain disorder that causes periodic episodes of aggressive

Premier willing to meet

Premier Stephen McNeil has said he is willing to meet with Hardiman to discuss a wider response to Benn's situation, something O'Neill said she and her client would welcome.

behaviour.

"Health issues like Nichele has should not be criminalized," Hardiman said.

But RCMP Cpl. Scott MacRae said police also have to consider the alleged victim when laying charges.

"It's a difficult situation for police because we have a duty to investigate and lay criminal charges when the grounds exists," he said.

"What is sometimes forgotten in stories like this is there are also victims of crime. They have an expectation on us as a police force to intervene and lay charges if a person has been assaulted."

Hardiman said her daughter, who also has epilepsy and cerebral palsy, has been unhappy living at Quest, which houses people with widely varying intellectual, physical and mental challenges.

She said her greatest fear is that her daughter will go to jail



Nichele Benn, right, and her mother, Brenda Hardiman, wait at provincial court in Dartmouth on Wednesday. ANDREW VAUGHAN/THE CANADIAN PRESS

rather than receive treatment and appropriate housing.

"We all know what that does to people with special needs."

Hardiman draws parallels with the Ashley Smith case, a

mentally ill teenager who died in a federal prison when she strangled herself in her cell. She predicts Benn will follow a similar pattern of deepening mental health crises and aggressive outbursts if she is

jailed.

Hardiman said Benn previously lived with a couple in a home in rural Nova Scotia, but when that arrangement ended several years ago there wasn't an appropriate, small group

home available for her.

"Nobody should be living in an institutional environment," she said. "The behaviours feed off of each other. It's like warehousing people."

THE CANADIAN PRESS

Former girlfriend of Falconer testifies she was asked to lie for him



Christopher Falconer
NEW GLASGOW NEWS

An ex-girlfriend of the man accused of killing Amber Kirwan said he asked her to lie for him.

Jerricka Ebrahim testified in Pictou Supreme Court Wednesday that she told Christopher Falconer sometime after Kirwan went missing on Oct. 9, 2011, that police were asking a lot of questions about him and he asked her to lie and say they were together.

"Just lie and say I was with

you," she said. "Just don't say that I wasn't."

She told Crown Attorney Patrick Young she would lie for him because she "really liked him."

The first-degree murder trial of 31-year-old Falconer is currently being held in Pictou Supreme Court in front of a 13-person jury. He is accused of killing 19-year-old Kirwan between Oct. 9 and Nov. 5, 2011.

'Friends with benefits'

Jerricka Ebrahim told the Crown she met Falconer at a former friend's house in the summer of 2011. She said they became "friends

with benefits," adding he would spend the night at her Brother Street apartment a few nights a week.

Under cross-examination by defence lawyer Mike Taylor, Ebrahim admitted that Falconer

never specified which day he needed an alibi and he could have been talking about Oct.

8, 9 or 10. She said at the time she believed he was looking to stay out of trouble because of his parole.

"He didn't give me a time frame," she said. "I didn't know. He said the cops were going to be after him for something and he made it seem like his parole. He was around alcohol and doing stuff and he thought he was going to be caught."

NEW GLASGOW NEWS

Truro Heights

Accused murderer requests more info from Crown

A Nova Scotia man accused of killing his common-law wife and her daughter is to return to court Feb. 10 to set a preliminary hearing date.

Gerald Ashley Rushton, 47, who lived with Elizabeth

Rushton in the Truro Heights area, is charged with first-degree murder in her death and that of Brittany Rushton.

The bodies of the women were found in the home on Dec. 27 when police received a 911 call from the residence.

Rushton was initially taken to hospital from the murder scene in serious condition with a self-inflicted injury. He remains in custody.

TRURO DAILY NEWS

Failing to yield

Two more people hit by vehicles at crosswalks

A 23-year-old woman has been charged in the city's latest vehicle-pedestrian collision. Police say a 30-year-old man was walking across Northwood Terrace Wednesday when he was hit by a



An HRM crosswalk sign. METRO FILE

vehicle turning left from Black Street. He wasn't seriously hurt. The accident was the second involving a pedestrian at a crosswalk in less than 24 hours. On Tuesday around 5:30 p.m., a man was struck by a car at a crosswalk at Farnham Gate Road and Dunbrack Street. METRO

Dartmouth

Police say missing girl found safe

Halifax police say they located a missing 14-year-old Dartmouth girl on Wednesday morning.

On Monday, police issued a release saying Ashley Coggins-Comeau had been last seen at 3 p.m. on Jan. 8 when she left her Pleasant

Street home.

On Wednesday morning, police announced that Coggins-Comeau was located in Yarmouth and that she was safe and sound.

METRO

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Google caught showing illegal web ads

Upgrades coming. Canada's privacy commissioner is also pushing the company to make it easier for consumers to be heard

Google has been caught afoul of the law by dis-

playing web ads linked to a person's health history, according to Canada's interim privacy commissioner Chantal Bernier.

An investigation by her office backed up a man's complaints that he was seeing so-called behavioural advertisements based on his web browsing history. After searching for informa-

tion about devices to treat sleep apnea, he began to see ads for those devices as he browsed the web.

While behavioural advertising is not illegal, Canada's privacy law does not allow consumers to be targeted based on "sensitive personal information," including their health.

Google's privacy policy

outlaws displaying advertisements based on race, religion, sexual orientation or health. But the Mountain View, Calif.-based company acknowledged that some advertisers using its ad-serving platform were not following the policy.

Google has pledged to upgrade the system that reviews ads for compliance,

increase the monitoring of ads and provide more information to advertisers and staff about the rules.

"The monitoring system was not tight enough, not robust enough to ensure compliance; it wasn't extensive enough to deal with the volume of ads," said Bernier in an interview.

"What this brings to light

is the complexity of ensuring compliance in relation to online behavioural advertising and therefore the compliance mechanisms, the monitoring, the training of staff, the frequency of reviews has to be really brought up."

The company said it will implement the changes by June. **THE CANADIAN PRESS**

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Ratapooley

Rodents carry diarrhea-causing bacteria: Study

Just when you thought the reputation of urban rats couldn't sink any lower, new research has proven the critters carry bacteria that causes diarrhea in humans. B.C. scientists found *C. difficile* in the poop of 13 per cent of the rats studied from Vancouver's Downtown Eastside, according to research published in the Journal of Applied and Environmental Microbiology in December.

METRO IN VANCOUVER

Hempology 101

Club riles UBC student admin with weed vapourizer party

Ain't no party like a UBC vapour party — because that's the kind of party that can get you expelled. Student administrators at the University of British Columbia are investigating the campus' Hempology 101 club for holding an indoor 4:20 meeting last week enticing people to "stay dry and get high" in the Student Union Building (SUB).

METRO IN VANCOUVER



Abortion clinic protest-free zone rules up for debate

Alan Hoyle, of Lincolnton, N.C., stands outside the U.S. Supreme Court in Washington, D.C., on Wednesday. The court heard arguments on the regulation of protests at abortion clinics and seemed likely Wednesday to strike down a Massachusetts law setting a 10-metre protest-free zone outside clinics. **EVAN VUCCI/THE ASSOCIATED PRESS**

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N.S. native who joined militants killed in Syria

Damian Clairmont. 22-year-old Canadian is believed to have converted to Islam and joined recognized terrorist group



JEREMY NOLAÏS
Metro in Calgary

A Calgary high school dropout has been killed by soldiers with the Free Syrian Army while fighting for a recognized terrorist group, according to a friend's online post.

Damian Clairmont, 22, born in Nova Scotia, is believed to have converted to Islam, joined a force called Jabhat al-Nusra and departed for Syria in late 2012 to join rebel efforts to overthrow the government of President Bashar al-Assad.

"My bro ... Abu Talba al-Canadi executed by FSA!" wrote Abu Turan al-Muhaljr on Twitter, before posting a photo of Clairmont, who was known by multiple names.

Al-Muhaljr later identified the man in the photo as Clairmont and added that he "was killed while defending himself and his brothers from the FSA onslaught in Aleppo."

But Canadian Foreign Affairs officials offered no specifics



Damian Clairmont FACEBOOK

on Clairmont's fate amid inquiries made Wednesday.

"We are aware of reports that Canadians have been killed in Syria," said spokesperson Jean-Bruno Villeneuve in an emailed response. "We are following the situation closely."

An unnamed Canadian security source did confirm Clairmont's death to Torstar News Service, but did not provide specifics on the circum-

stances.

Jabhat al-Nusra has been labelled a terrorist by the Canadian federal government for apparent links to al-Qaeda.

Word of Clairmont's death came amid published reports that European Intelligence agencies have shared information with the Assad regime about 1,200 jihadists, who, like Clairmont, have joined militant groups in Syria.

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An Indian policeman stands outside the police station which is investigating the gang-rape of a Danish tourist in New Delhi, India, Wednesday.

TSERING TOPGYAL/THE ASSOCIATED PRESS

Indian police say Danish tourist gang- raped in New Delhi

A 51-year-old Danish tourist was gang-raped near a popular shopping area in New Delhi after she approached a group of men for directions, police said Wednesday.

Police spokesman Rajan Bhagat said two people were arrested after a daylong search for the suspects.

The woman also was robbed and beaten in the attack, which happened Tuesday near Connaught Place, Bhagat said. The attack is the latest crime to focus attention on the scourge of sexual violence in India.

The woman asked the men for directions to her hotel, Bhagat said. They lured her to a secluded area where they raped her at knifepoint, according to the Press Trust of India.

The woman managed to reach her hotel Tuesday evening and the owner called police.

"When she came, it was miserable," said Amit Bahl, owner of the Amax hotel

in the Paharganj area. The woman was crying and "not in good shape," he said.

"I am really ashamed that this happened," said Bahl, who sounded shaken.

The woman, whose name was not released, was on her way back to Denmark, said Ole Egberg Mikkelsen, head of the Danish Foreign Ministry's consular department in Copenhagen, which handles cases involving Danes abroad.

The problem of sexual violence in India has gained widespread attention since the horrific gang rape and murder of a 23-year-old woman on a moving bus in December 2012. Public fury over the case has led to more stringent laws that doubled prison terms for rape to 20 years and criminalized voyeurism and stalking.

But for many women, particularly the poor, daily indignities and abuse continue unabated and the new laws have not made the streets any safer. **THE ASSOCIATED PRESS**

Your country needs you ... to lose some weight

Best and brightest, but not always lightest.

Police units and armies struggle to find recruits who are fighting fit



ELISABETH BRAW

Metro World News in London, U.K.

Recently Mike Harper ran into the wife of a police officer friend on a Dallas street.

"She told me she was worried about his safety because his colleagues are overweight," he recalls.

The wife had good reason to be concerned. Even though American police officers should be fitter than average, a comprehensive study reports that they're less fit than half of the population.

"They have to be able to crawl and run," notes Harper, a fitness educator in charge of police and military programs at the Cooper Institute in Dallas.

"These are not tasks that you do every day, but it's critical that you're able to do them. It's like using a firearm. You don't need it every day, but when you do need it, it's essential that you know how."

And police officers are not the only ones with a weight problem. According to Lt. Gen. Mark Hertling, no less than 75 per cent of civilians wanting to join the U.S. Army are ineligible due to being overweight.

And "of the 25 per cent that could join, what we found was 65 per cent could

not pass the (physical training) test on the first day," he said in a speech.

"Young people joining our service could not run, jump, tumble or roll. These are the kind of things you would expect soldiers to do if you're in combat."

According to the U.S. National Center for Health Statistics, between 1959 and 2008 the percentage of men who were ineligible for military service because of their weight doubled, while the percentage of ineligible women tripled.

Even though Hollywood portrays army physical training as extremely gruelling, the fitness test for new soldiers is surprisingly low.

"Fifty push-ups, 40 sit-ups and a 1.5-mile run in less than 10 minutes," notes Stew Smith, a former Navy SEAL who now runs a fitness company for soldiers and officers.

Now armed forces and law-enforcement agencies are getting serious about fitness, enlisting companies like Smith's and the Cooper Institute to train their staff. Some, like the British Army, have even developed apps to help applicants get fit. In fact, many former elite soldiers have discovered a business niche in fitness companies.

However, fitness apps won't really make a difference, observes Smith.

"The police and military do their best with what society brings them, but this is a society-wide problem. A financially struggling population will keep eating crappy, inexpensive food."



Fat chance: While experts contend that police officers should be in prime physical state, in truth they have the same weight problem as the rest of the population. GETTY IMAGES



Stew squat: Former Navy SEAL turned fitness instructor Stew Smith puts police officers through a squatting exercise. COURTESY STEW SMITH

Russia

Rotund get rejected

In recent years, Russia's much-maligned police force has been trying to revamp its image, including tackling obesity among officers.

"The fat and paunchy will

not get through," former interior minister Rashid Nurgaliyev said in 2011.

The force was literally slimmed down by 20 per cent. Police are now obliged to pass physical tests, with top performers getting a bonus salary. **EVGENIY MORUZ/METRO WORLD NEWS IN MOSCOW**

Canadian Forces work with what they've got

It's hard enough to attract recruits to the Canadian military or police forces without worrying about fitness.

An internal Defence Department audit released last year noted that "fitness and education levels of recruits in the last five years have been slightly lower than in the past," when compounded with other factors such as mobility, changing career expectations and an aging workforce.

Recent reports show that American police and armed forces are struggling to find new recruits who satisfy the weight restriction.

It's slowly becoming the case in Canada too. The Canadian Forces have been adapting their application process to accommodate its changing applicant pool.

In 2006, the military eliminated the Canadian Forces Applicant Physical Fitness Test as a pre-enrolment

True calibre

"I think the challenge is not necessarily recruiting the numbers. I think the challenge is recruiting the quality of individual that the Canadian Armed Forces is looking for."

Christian Leuprecht, Royal Military College and Queen's University professor

screening process, with some exceptions.

Instead of a physical test right off the bat, the evaluation is done once they've been

admitted to basic training. The three per cent that fail are not disqualified — rather, they are given the option to join the 90-day Warrior Fit-

ness Training Program.

Recruits who get in shape within the 90 days are returned to basic training.

But the changes don't necessarily mean the Canadian Forces are lowering their standards to bring in more recruits, according to Christian Leuprecht, a Royal Military College and Queen's University professor who has spent years studying military demographics and recruitment.

"I think it's important to

realize — just like the way companies can't expect the people who wander through the front door to have all the skills that a company might need and that a company invests in training — the Armed Forces look at the potential that the candidates bring rather than necessarily candidates that already have all the physical attributes that the organization is looking for," he said.

PHOEBE HO/FOR METRO IN TORONTO

Has Colorado gone to pot?

High prices a buzzkill.

While legal marijuana dispensaries bring in the green, issues have blunted enthusiasm



KIERON MONKS

Metro World News

There has been a party atmosphere around Colorado's marijuana dispensaries since recreational sales became legal at the turn of the year.

"People have been queuing for four to five hours," says Ryan West, an employee at a Denver dispensary. "Everyone is so excited and proud to be in the first state to legalize, and there is so much room to grow."

West is a product of that growth, hired on Jan. 1 to cope with a boom that saw sales of more than \$5 million inside the first week. Fewer than 200 dispensaries are licensed to sell the drug for recreational use and that number is set to rise,

Laws sprouting like weeds

Further states are expected to legalize recreational sales, with Oregon likely to be next. But Colorado has shown the complications as well as the potential.

while related industries such as "weed tourism" are also growing rapidly.

But there have been unintended consequences, with prices more than doubling in some cases to more than \$400 US an ounce (28 grams). This is far higher than the rates of illegal dealers, allowing them to compete, despite the claims of marijuana advocates that a legal industry would replace the black market.

Illegal dealers are also benefiting from police confusion over new laws that have seen an 80 per cent drop in prosecutions since 2012, including for distribution. "Law enforcement feels like they don't know which way to turn," Tom Raynes, executive director of



Sam Walsh, left, a budtender, and facility manager David Martinez set up marijuana products at the 3D Denver's Discrete Dispensary. GETTY IMAGES FILE

the Colorado District Attorneys' Council, told the Denver Post.

Campaigners supporting legalization believe these issues are temporary glitches.

"There has been historic demand at a historic moment, but as the number of licenses grow the demand and price will settle," Taylor West, deputy director of the National Cannabis Industry Association, told Metro.

"At that point the under-

ground market will become obsolete."

But the industry faces structural difficulties. Banks are currently forbidden from holding money generated through drug sales, forcing businesses to operate in cash, which demands more labor and risk. They are also denied tax advantages of other businesses through a gap between state and federal law.

Market Minute



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THE EH-LIST: THE BEST OF CANADA

It's time to thank everyone you know, strike up the band (mid-sentence) and put one foot in front of the other, before a smiling woman in heels points out you're walking in the wrong direction.

Yes, it's awards season. I'd have described it better, but I didn't think I'd be called upon for this honour so I didn't prepare anything.

The Golden Globes have been handed out, the Oscar nominations were announced today, and The Canadian Screen Awards are back one year after they first combined the Genies and the Geminis into the coveted Geminies.

The CSAs seemed to meet our country's high standards, which is why I was excited to have full, exclusive access to this year's show, which was pre-recorded yesterday and remains distinctly Canadian despite some faint U.S. echoes:

Red carpet. Oh, my. The recurring themes this year were boots and Roots! And you've never seen such an array of plaid. I



HE SAYS

John Mazerolle

metronews.ca

don't want to give away who everyone was wearing, but let's just say it was a very good year for French designer Jacques Cousteau.

In memoriam. A video montage of all the great entertainers we lost in 2013 is intercut with smug Canucks saying, "They were Canadian, y'know" at every opportunity.

Orchestra pit. By law, 40 per cent of the orchestra's play-off music was CanCon. Also by law, 40 per cent of that was New Orleans is Sinking.

Lifetime achievement award. The City of Toronto was honoured for its recurring, life-long film portrayal of Chicago.

Big Winners. I'm sworn to secrecy or the Trailer Park Boys will mess me up, but here are the top contenders:

Gravity Canada: Same as the American version, except Perfect Human and Everyastronaut Chris Hadfield plays the George Clooney role, meaning nobody dies, none of the space stations are destroyed, and he puts the satellites back together

while holding a video town hall with schoolchildren in Sarnia.

Canadian Hustle: One hundred and thirty eight minutes of Mike Duffy coverage, captured in the tagline, "If you thought cameras weren't allowed in the Canadian Senate, think again."

Blue is the Coldest Colour: Set during February in Edmonton, the movie's lesbian love scenes aren't much to look at because they happen under 27 layers of blankets.

Her, eh?: A lonely writer falls in love with his BlackBerry. She loses most of her self-worth and he moves on to his new girlfriend Siri after a couple of weeks.

Conrad Black: Protracted Constitutional to Freedom: This stirring story brought to you with funding from Conrad Black deals with one of Canada's greatest heros as he struggles valiantly against oppression, including being thrown in jail and even stripped of his nationality. Each ticket-holder is given a dictionary and thesaurus upon entrance.

That's my sneak peek, Canada! I have very little time left but I'd just like to thank —

(New Orleans is Sinking.)

Aw, nuts. Sorry.

ZOOM

Sending up some protection



CHUNG SUNG-JUN/GETTY IMAGES

Anti-NK balloons fly over border

North Korean defectors, including former soldiers, release prophylactic-shaped balloons due to fly to the North, carrying leaflets condemning North Korean leader Kim Jong-un.

Letters on the balloons at the rally near the demilitarized zone between the two Koreas read: "End the world's worst three-generation dictatorship." **METRO**

By the numbers

500,000

Anti-North Korea pamphlets.

1,500

USB flash drives loaded with the Korean-language version of the online encyclopedia Wikipedia.

1,000

United States one dollar bills and DVDs detailing human rights abuses in the North.

Activist's viewpoint

"There is clearly enormous hunger for outside information in North Korea. USB keys are one of the most powerful tools, because they're small, can be hidden and shared easily, and carry massive amounts of data."

Thor Halvorssen, president of the U.S.-based Human Rights Foundation



Sending a signal: Around 50 tiny transistor radios were also included in the floating packages headed to North Korea.

CHUNG SUNG-JUN/GETTY IMAGES

Clickbait



IRENE KUAN
Metro Online

Wasting time surfing the web shouldn't be a regular activity but sometimes, you just have to. Here are some sites that I guarantee: Just one click will get you hooked.

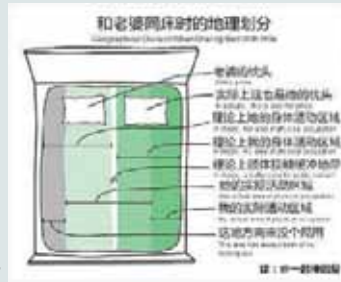
ChinaSMACK:

A website devoted to news about the world's most populous country is bound to be fascinating. Founded in 2008, ChinaSMACK posts stories found in Chinese media that are trending on microblogging sites like Weibo. Most of the articles have been translated from Chinese to English, so the quality of the writing isn't great, but you won't care once you start reading some of the crazy stories being talked about amongst Chinese netizens. Learn what a "human flesh search" is.

Distractify: One of the newer entries on the web, this site is similar to Buzzfeed, often posting entertaining, albeit useless articles. Wouldn't you like to learn about 'The 29 most infuri-

ating things EVER?' Business Insider has called Distractify one of the fastest growing sites ever, with over 10 million Facebook shares since its launch in October.

Upworthy: This social media site posts viral articles that encourage debate amongst its readers. They say they will not clutter the site with "pageview-juking slideshows," but do admit the site is biased, hence "speaking the truth." It can get a little spammy with pop-up ads, since they don't make any actual money yet.



SCREEN GRAB

Twitter

Google is in trouble for ads based on health info searches. @metropicks asked: Do ads like this make you feel violated?

@RobbieRobb: If I search online for anything I expect it to be fair game for advertising.

@Russell_Barth: google is YET to suggest any Medical Marijuana products or sites, oddity...



Comments

RE: New facial recognition app 'creepy', says kids entertainer Raffi, published online Jan. 10
Facial recog is only getting better and will never go away. The moment we sent our single photo to the cloud, our faces became public property, worse, all your info and images on FB belong to that company, meaning that they can even sell them if they so wish
johnnyive, posted to metronews.ca

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SCENE 2

Retro night rules the dance floor

Reliving memories.

Seahorse Tavern capitalizes on the nostalgia craze



BACKSTAGE
PASS
Jenna Conter
halifax@metronews.ca

When you hear the phrase “Retro Night” what comes to mind?

A same-aged mass in a mosh pit of nostalgia, sweat and neon? Or do you see a decade-restricted cover band Peter-Pipering us back to high school, one power ballad at a time?

“It’s something that I’ve never really thought about until this conversation. Is retro night when a DJ is playing old music or can it be something with a live band?” wonders Troy Arseneault, the booking and promotions manager at The Seahorse Tavern.

Ten years ago, when this veteran of the Halifax party scene was a newbie in our neck of the woods, Retro Night was a weekly “to do” at the Marquee.

Packed every Wednesday, the party raged for years until the flow began to ebb into an age of live bands.

The circle of life brought the music scene into an era of everyone and their buddy

Coming back into style

“It’s kind of where the scene has turned to the last few years. Over the last three to four years there has been a big shift on the nostalgia vibe.”

Troy Arseneault, manager of The Seahorse



Twisted Sister singer Dee Snider performs at The Joint inside the Hard Rock Hotel & Casino September 2, 2006 in Las Vegas, Nevada. ETHAN MILLER/GETTY IMAGES

having a basement band, stage-bound on the backs of creative covers interspersed with original tunes.

Bands like The Seahorse’s own Thursday night staple, The Mellotones, rode in on that same wave seven years ago. Though still attracting a line that wraps around the corner with cover songs from decades past, are they not a retro night band?

Perhaps a topic of such depth and complication is bet-

ter reserved for the incomprehensible ramblings of a good drunken debate among friends.

Regardless of your conclusions, Arseneault admits nostalgia is not only good for the memories, it’s great for business.

“I can’t quite explain how or why but you can watch it happening by the numbers that are coming through the doors,” he said.

Having nabbed the Retro Night name years ago and

now throwing their own Retro parties on Saturday nights, the Seahorse has branched out in throw-back decades, hosting a ‘90s night this Friday and Arseneault is interested to “see how it goes.”

“The ‘80s for some reason work — you have Twisted Sister looping into Thriller,” he said.

“With the 90s you have an interesting mix with grunge into early hip hop and the beginnings of pop music.”

Details

What: That ‘90s Night: Back to School Neon Bash

Where: The Seahorse Tavern

When: Friday, 10 p.m.

- Tickets are \$5 early bird or \$7 after midnight

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Polymorphe

Can American Idol stop the ratings slide?

A fresh start. Show aims to bring back viewers with JLo, Harry Connick Jr. and changes to the talent search

Keith Urban was wrapping up a recent interview about American Idol when Harry Connick Jr. breezed into a backstage room, ready for his turn. "He talks and talks and talks," Connick said, gleefully needling his fellow Idol judge. "Get out."

Urban replied in kind, telling Connick he'd answered a reporter's questions for him: "I said it would make for a better interview."

The musicians' good-natured digs suggest a fresh start for American Idol after a sour season in which the bickering between judges Mariah Carey and Nicki Minaj, with Urban stuck in the middle, was anything but entertaining.

Urban, newcomer Connick and Jennifer Lopez, who's

returning after a season's absence, have the task of helping the singing contest find its footing and stopping a ratings slide in its 13th season.

They have help from two new executive producers, replacements for the longtime team that guided American Idol through an unprecedented nine-year streak as TV's No. 1 program to the loss of that crown in 2013.

Besides the show's own missteps, other talent shows — including NBC's hit *The Voice* and Fox's own *The X Factor* — have grabbed audience attention.

But the show's ability to rebound shouldn't be underestimated, say producers Per Blankens, who produced the successful *Swedish Idol*, and Trish Kinane.

American Idol is "still the best format in the world. ... Our job is to go back to basics," Blankens said. That includes "a panel that's good, and like what they're doing, and could consider eating lunch together, because it all starts there."

The judges say they not only



Judges Keith Urban and Jennifer Lopez speak to the Television Critics Association this week in Pasadena, Calif. RICHARD SHOTWELL/INVISION/THE ASSOCIATED PRESS

enjoy each other's company but also agree their role on the show is secondary.

"The focus should be in the front," Urban said, referring to the young singers he was assessing during a taping last month for the elimination

stage known as Hollywood Week.

At a news conference Monday, the country star expanded on the panel's shared view of what is owed the contestants.

"It's a really daunting thing," Urban said. "You know,

Vanishing audience

13.2M

The show, which hit a peak of 30.3 million viewers in the 2005-06 season, last year dropped sharply to less than half that, 13.2 million, according to Nielsen company figures.

they've got no microphone, no audience, no band, no music, nothing, and they stand in front of us and sing. And all three of us have so much respect for that."

The judges also need to be educators, Connick said.

"This is my whole mantra for the show: If there's anything I can communicate, passion and education aren't exclusive. People say, 'I just want to play what I feel.' I play what I feel. But the definition of passion to me is learning everything about your craft," the jazz musician and singer said.

With what Kinane called solid "chemistry" in place for the panel, she and Blankens

turned their attention to the production itself. The talent search was expanded to include outreach to people unable to get to big-city auditions, and an element called the "chamber" was added.

It involves a private room — save for a camera — in which contestants have a chance to ready themselves for their initial meeting with the judges, whether through rehearsal, prayer or just a grooming check, Kinane said.

Based on viewer comments, Idol has compressed the rounds between Hollywood Week and the start of the live telecasts into what's been tagged "rush week." Randy Jackson, stepping from judge into the role of mentor, will hold workshops to help contestants deal with vocal and other challenges.

The songs available for the contest, which have included a notable share of golden oldies, will have more current tunes that the young contestants — and presumably young viewers — can relate to, Blankens said.

THE ASSOCIATED PRESS

Stewart 'terrified' to take on Equals

Fearing the future. Actress says she can't believe she agreed to work on Drake Doremus' ambitious new sci-fi drama

Kristen Stewart has signed on to play the lead in *Like Crazy* director Drake Doremus' futuristic love story *Equals*, and it's making her a nervous wreck.

"I can't believe I agreed to do it," said the *Twilight* actress about her upcoming role in the sci-fi drama, which also stars

Nicholas Hoult of the upcoming *X-Men: Days of Future Past*.

Stewart describes *Equals* as a slightly updated version of the 1956 film *1984*, based on George Orwell's classic novel about rebellion in a repressed futuristic society. *Equals* begins filming later this year.

"I'm terrified of it," said the 23-year-old actress in a recent interview. "Though it's a movie with a really basic concept, it's overtly ambitious."

"In *Equals*, things go wrong because you can't deny the humanity in everyone," said Stewart. "It's the most devastating story." Adds Doremus of his sixth film: "It's about love in a

Quoted

"It's a love story of epic, epic, epic proportion. I'm scared."

Kristen Stewart
On playing the lead in *Equals*

world where love really doesn't exist anymore." Written by Nathan Parker (*Moon*), *Equals* is the first film Doremus will direct that he didn't write himself.

"I trust Drake's process and I know we will do something really natural and real," said Stewart. "But I told Drake, 'Don't expect that I am going to

be able to do this. It's too hard.' But he wouldn't take 'no' for an answer. I've given directors disclaimers before, but never this much." Jennifer Lawrence, who appeared in 2011's *Like Crazy*, was one of the first actresses to read Parker's script. Though the story brought her to tears, she couldn't see herself in the role, said Doremus. "It became evident in my head that Nick and Kristen would have great chemistry," the director said.

This week, the actress heads to the Sundance Film Festival in Park City, Utah, where she'll star in writer-director Peter Sattler's soldier film *Camp X-Ray*.

THE ASSOCIATED PRESS



Kristen Stewart, shown in this March 2013 file photo, will co-star with Nicholas Hoult in the futuristic love story *Equals*. INVISION/THE ASSOCIATED PRESS



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Liam Payne. ALL PHOTOS GETTY IMAGES

Liam Payne apologizes for living on the ledge

One Direction member Liam Payne says he is sorry for being "stupid and irresponsible" after he was photographed standing on a building ledge 34 stories above the ground.

A photo published Wednesday in British tabloid the Sun shows the boy-band singer standing on the ledge of a high-rise with a city that appears to be London behind him.

The 20-year-old said in a

statement that "I regret being there and having a photo taken. It was a stupid and irresponsible thing to do."

He urged fans not to imitate his "extremely dangerous" behaviour.

The band emerged from Simon Cowell's British TV series The X Factor in 2010 and became one of the world's top-selling groups, with three albums topping U.S. music charts.

THE ASSOCIATED PRESS

Lohan orders police protection for party

Lindsay Lohan likes to use protection, apparently. While in London this week, the scandal-prone starlet reportedly put in a call to the Metropolitan Police to provide an escort for a 10-foot walk from her car to a venue for a friend's birthday party, according to the Mail Online. Lohan apparently felt she needed the beefed up security detail because of a clutch of paparazzi waiting and she reportedly asked the police to arrest the photographers for loitering. **METRO**



Lindsay Lohan

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Duff needed more marriage stuff from Comrie



THE WORD
Dorothy Robinson
scene@metronews.ca

It looks like Hilary Duff and her soon-to-be ex-husband, ex-NHL star Mike Comrie, tried marriage counselling for over 18 months before announcing their separation. But in the end, it wasn't enough to save their union as apparently Comrie didn't do "any of the things they'd worked on."

A source (a.k.a.: "someone from Huff's PR team") told US Weekly, "She felt he didn't put enough effort into the

relationship," they said. "He never did anything!"

One reason for the not-doing-stuff? Comrie had to retire from professional hockey in 2012 due to a constant hip injury.

A source to Life & Style echoes this sentiment. "He's in the house all day, every day," an insider tells the mag. "It was a strain on the relationship."

The couple announced two weeks ago that they "have mutually decided to an amicable separation" and will "remain best friends and will continue to be in each other's lives." The two are parents to the toddler Luca, of whom they'll have joint custody.

It certainly looks like an amicable split, with Hilary tweeting, "Mike and I are sitting here, we are so appreciative for all of your kindness & well wishes." She continued, "not an easy day but we're getting thru it together."



Gisele Bündchen

No Superbowl stress in the Bündchen-Brady house

It may be NFL playoff time in the Tom Brady-Gisele Bündchen household, but the stress doesn't carry over at home.

"He's very focused," the 33-year-old Bündchen said of Brady, quarterback for the New England Patriots, in a recent interview. "We are both very supportive of one another in what we do. ... Of course

nobody likes to lose.

"Those aren't the best days. He knows he does his best. He works extremely hard."

The three-time Super Bowl champ and his New England Patriots travel to Denver to play the Broncos on Sunday for the AFC championship.

THE ASSOCIATED PRESS

Twitter



@solangeknowles

Just called my bf to report hearing noises in the house. Go to check on my son, only to find out he's been up since 2 too. HE is the "noise".



@lenadunham

Did the thing I swore I'd never do: got a public massage at an airport kiosk. It hurts not to know yourself anymore.



@AnnaKendrick47

Aren't we supposed to have meals in pill form by now? Cause at least once a week I open my fridge and think "s---, I need to make water"



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SHOPPERS
DRUG MART



Throw out the style rule book

Fashion magazines often try to rule our wardrobes with a vice-like, arbitrary and indiscriminating grip. No one should dare to brave horizontal stripes. Under no circumstances should any woman in her 40s wear a short skirt. But it's all rubbish really, isn't it? And at the end of the day, don't we have enough intellectual capacity to know when something works and something doesn't? We enlisted Julie Ragolia, the fashion director of Man Of The World magazine who's styled Lady Gaga, to help us throw out the fashion rule book.

KIT GILBERT
Metro World News



Ripped jeans are for teenage girls and Britney Spears only

Ripped jeans are a sign of a journeyed and well-lived life. A hole in the knee reflects a willingness to fall, always an admirable quality in a woman. Paired with a smart clutch and an elegant heel, a ripped jean can be quite chic.

Wearing one pattern head-to-toe is a bad idea

A woman should never leave the house looking like a tablecloth. Accessories can help prevent that: a great belt, the right bag...solid, strong pieces can tie it all together and break up a pattern before it goes bad. I'm a big fan of patterns overall. Before wearing one pattern head to toe, consider mixing mismatched patterns. It's a surefire way to boldly own a look, and is surprisingly more subtle than one would think.



Unless you are Alexa Chung, don't attempt to conquer double denim

As a devotee to Ralph Lauren and Levi's, I've been schooled to the contrary. I live for double denim. If tones and fabric weights are in balance, I say try for a triple play. I often wear chambray shirts with vintage jeans and a denim jacket. Throw an oversized Navajo knit cardigan over the shoulder to break things up now and then.

Midi skirts require six-inch heels

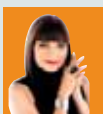
I'm a tomboy, and a busy fashion director, so super high heels are not at all practical on a day-to-day basis. A sleek Chelsea boot or a brogue can look just as sexy with a pencil skirt as any heel.



Be wary of costume pieces

To a degree, yes, however one statement piece, such as an oversized necklace, or ski-goggle-inspired sunnies, are costume done right.

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.



Exploring the wonders of the deep at the new #Ripley's Aquarium Speaks to the #Pisces in me! Beautiful....



With my dear, beloved friend @BryanAdams in the throes of our shoot for @YorkdaleStyle #Yorkdale50

Canadian street style

Spotted in: Toronto

Name: Alexandria

Age: 22

Occupation: Graphic design student

What she's wearing : Jacket by Wilfred, backpack and shoes by Roots, shirt by T. Babaton, blazer/jacket by Zara, necklace by Marc by Marc Jacobs and pants by Guess.

Her inspiration : "My peers, blogs and my travels."



THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT - AN E-NEWSLETTER PROGRAM - AND A WEEKLY NEWS-PAPER SECTION TOO!

3 LIFE

Smart storage for small spaces

From inside secret drawers to above the doors, there's always a forgotten space that can keep useful items out of sight



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Q: Although my condo is not small, I seem to have a lot of stuff and not enough storage. I need some ideas for keeping my stuff off the floor and hidden away.

A: For some people, "out of sight, out of mind" can be dangerous. Without seeing what you have, it could be forgotten.

Do you have a growing collection of vintage dishes or too many shoes and accessories? Perhaps it's time to purge some of your stuff instead of storing it somewhere.

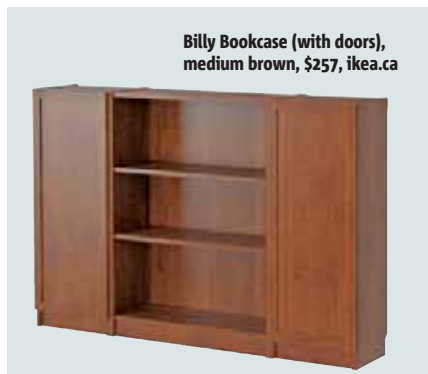
But for stuff you don't want to get rid of, there are many places in our homes that are great for storing and displaying, from inside secret drawers to above the doors, there's always a forgotten space that can keep useful items out of sight.

In the sofa

Looking for a new sofa? Choose one that offers a storage drawer under the seat cushion (similar to a trundle bed) or look for a sleeper sofa that offers storage with the mattress.

Under the bed

Elevate your bed an additional



Billy Bookcase (with doors), medium brown, \$257, ikea.ca



Bed Lifts, \$13, bedbathandbeyond.ca



Lift Storage Bench, \$599, CB2.com

five inches to hide luggage pieces or storage drawers. Rarely used luggage makes for perfect out-of-season clothing storage.

Add an extra shelf in your closet. Hanging a shelf one foot off the floor will instantly give you double the shoe storage and hanging another shelf one foot below the ceiling will

offer up extra storage for out-of-season dishes or specialty baking pans.

A seat with storage

The secret to an organized room is to make the furniture look like it's there for style, not storage. A padded top allows for extra seating in the foyer, at

the end of the bed or along an empty wall.

Other ideas

- Tea cup hooks discreetly installed behind curtains are a great way to hide hanging scarves, necklaces and hats out of sight in a bedroom.
- Adding a 24-inch bracket or

decorative floating shelf above your door entrances will help hold small containers or books.

• Think of your china cabinet for more than just dishes. A small-scale vintage cabinet can display books behind glass doors or store shoes below. Consider using vintage china cabinets in bedrooms, bath-

rooms or front foyer areas (use large ceramic jars on top for all sorts of inventive storage).

• Add doors to your bookcases to get the best of both worlds — to display and hide storage. Top with a piece of frosted glass or stone and you've got a truly custom storage unit with a useable top for serving or display.

3 simple ways to dress up a dull dresser

DIY. Turn that old dresser into a creative storage piece

Before slipping back into old habits and watching resolutions fade to memories, put your good intentions to work and transform an old dresser

into a fresh and creative storage piece.

With as little as a drill, screws, a saw and some wood, it's easy to bring an old waist-high dresser gathering dust in the basement into the living-room limelight. Finish with a splash of paint and that useless piece of furniture becomes a stunning new focal point.

Goodbye drawers, hello shelves

Create a more functional living room look by opening up the dresser and replacing the drawers with shelves.

Once the drawers and hardware are removed, creating shelves is as easy as installing mounts and cutting wood to size. For large objects such as storage baskets, remove multiple drawers and install one shelf. Play around with colour palettes, including a two-tone design with a vibrant interior colour to brighten the space.

Rehab Addict

- For more ideas on restoring old parts of your home, tune in to Rehab Addict, Tuesdays at 9 p.m. ET/PT on DIY Network Canada.

Say aloha to a new kitchen island

Kitchen storage is usually at a premium, and a temporary kitchen island can solve a lot of problems without committing to a full renovation.

While this idea won't fly with a tall chest of drawers, counter-height dressers provide space for food prep and drawers for small kitchen gadgets. Removing the bottom drawers opens up a hiding spot for clunky pots and pans.

For the countertop, consider either matching it to the kitchen's current design or



going with wood to create a handy butcher block.

Take a load off with an entryway bench

Add some extra storage to your entryway while adding a place to sit for tying shoes. This design works best with a short and long dresser.

First, gut the upper half of the dresser by removing the drawers, their supports, hard-

ware and the top. The sides and back can also be removed or kept in as a frame. Next, install a bench on top of the bottom drawers.

It may be necessary to install extra support beneath the bench depending on the dresser's design. Keep the bottom drawers for hiding winter gear like toques and gloves or outdoor toys such as Frisbees, baseballs and mitts.

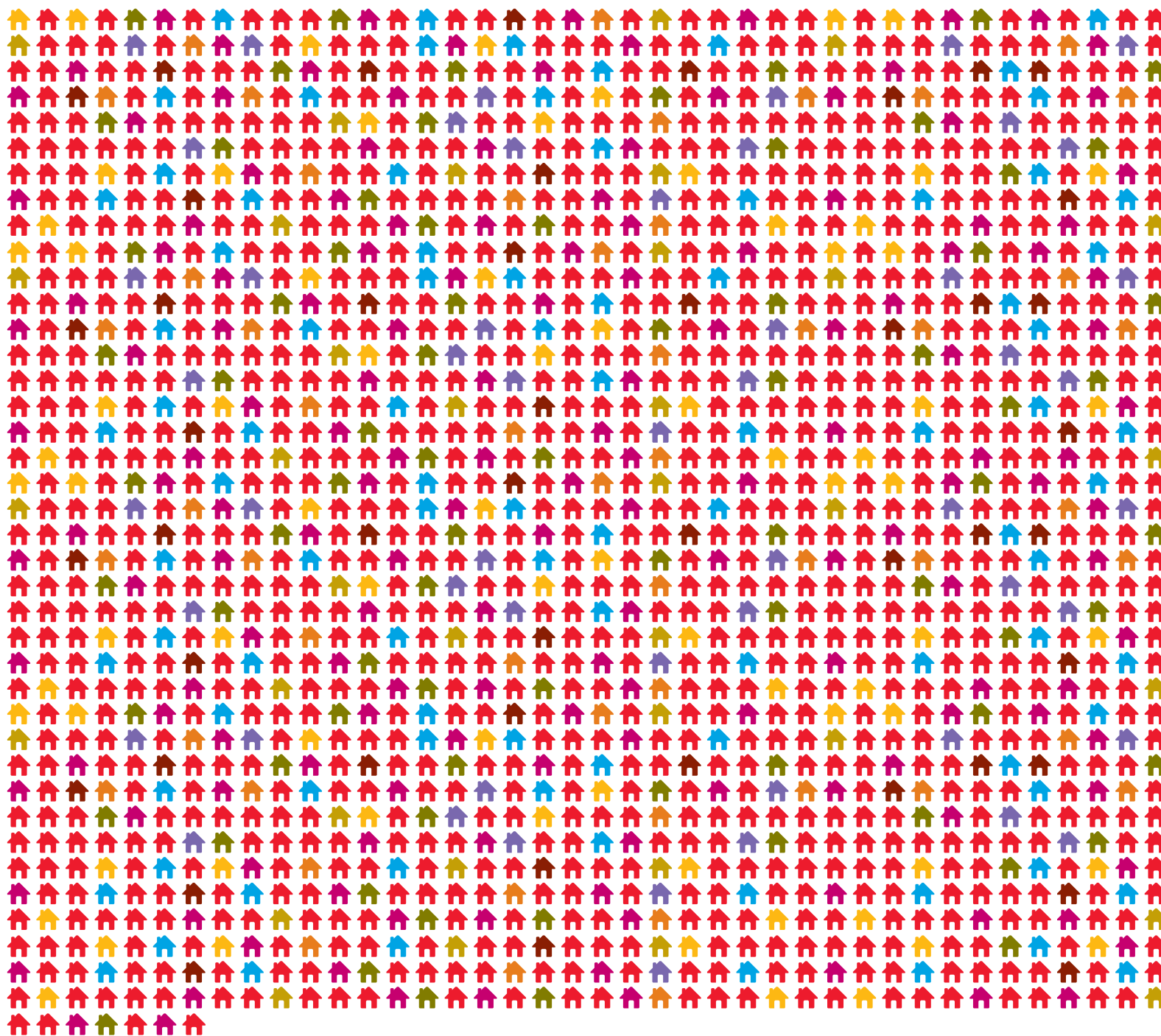
LAST NIGHT'S TOP
SIX@6

Weeknights at 6 KB counts down the HOTTEST songs of the day


- 6 Classified Pay Day
- 5 Miley Cyrus Adore You
- 4 Zedd ft Hayley Williams Stay The Night
- 3 Pitbull ft Ke\$ha Timber
- 2 Beyonce XO
- 1 Eminem ft Rihanna The Monster

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Chestnuts and portobello: A very earthy duo

Cookbook of the Week

Shining the spotlight on taste



The Flavour Principle takes foodies back to the basis of food: flavour.

Indian curry spices, fiery Thai chilis, lemony citrus, smoky barbecue rubs — these are all flavours that make us passionate about food and drink.

In their book, Lucy Waverman and Beppi Crosariol examine about a dozen flavours through recipes and drink pairings.

The Flavour Principle features more than 30 gorgeous menus covering flavours from all over the world. **METRO**

The chestnuts add a rich earthiness to this dish and make the mushrooms that much more meat-like. Look for the largest, juiciest-looking portobellos for this dish. If your mushrooms are smaller, you may have extra stuffing; stir in half a beaten egg and bake in a gratin dish alongside your mushrooms.

1. Heat oven to 220 C (425 F). Cut off mushroom stems flush with caps and chop. You should have about 375 ml (1 1/2 cups).

2. In a large skillet, heat 30 ml (2 tbsp) of the olive oil over high heat. Working in batches, add mushroom caps to pan and fry for 1 to 2 minutes per side or until just beginning to soften. Transfer gill side up to a baking sheet. Repeat with remaining mushroom caps, adding more oil to pan as needed.

Ingredients

- 12 large portobello mushrooms
- 125 ml (1/2 cup) olive oil, divided
- Chestnut Stuffing**
- 50 ml (1/4 cup) butter
- 250 ml (1 cup) chopped onions
- 250 ml (1 cup) chopped celery
- 5 ml (1 tsp) cracked fennel seeds
- 15 ml (1 tbsp) chopped garlic
- 575 ml (2 1/3 cups) vacuum-packed peeled roasted chestnuts

Wine pairing

White Burgundy: Try this inventively woody, earthy dish with a nutty, mineral-laden white Burgundy (such as Macon or, if budget permits, Puligny-Montrachet) and bask in the subtle decadence.

Alternative: If you prefer red, uncork a Chianti.

Set aside.

3. Melt butter in the same skillet over medium heat. Add onions, celery and fennel seeds and sauté for 10 minutes or until slightly caramelized. Add garlic, chestnuts and chopped mushroom stems and sauté for 2 minutes or until mushrooms are juicy. Remove from heat.

4. Stir bread crumbs and pars-

- (about 400 g/14 oz), chopped
- 1 l (4 cups) fresh bread crumbs
- 125 ml (1/2 cup) chopped fresh flat-leaf parsley
- 75 ml (1/3 cup) unsweetened apple juice
- Salt and freshly ground pepper, to taste
- Rich Red Wine Sauce (see below)



This recipe serves six.

ley into stuffing mixture. Add enough apple juice to moisten stuffing well. Season well with salt and pepper. Divide stuffing into 6 portions and place on top of each of the mushroom caps on the baking sheet. Top

with remaining 6 mushroom caps, gill side down, to make a kind of sandwich. Do not totally enclose the stuffing. Roast for 15 minutes or until mushrooms are tender and stuffing is crisp around the edges. Serve

drizzled with Rich Red Wine Sauce. **BOTH RECIPES: THE CANADIAN PRESS/ THE FLAVOUR PRINCIPLE BY LUCY WAVERMAN AND BEPPI CROSARIOL. PHOTOGRAPHY BY RYAN SZULC. PUBLISHED BY HARPERCOLLINS PUBLISHERS LTD, 2013.**



This recipe makes about 125 ml (1/2 cup) of sauce.

Condiment. Rich Red Wine Sauce

Pomegranate juice gives a wonderful colour to this sauce as well as a subtle flavour. This is similar to a beurre blanc sauce but made with red wine.

1. In a heavy pot, combine red wine, pomegranate juice,

soy sauce and sugar. Bring to a boil over high heat, reduce heat and simmer for 10 - 20 minutes or until thickened. Remove from heat and stir in butter a few pieces at a time until fully incorporated and sauce is emulsified. Season with salt and pepper, to taste.

Ingredients

- 125 ml (1/2 cup) red wine
- 125 ml (1/2 cup) pomegranate juice
- 10 ml (2 tsp) light soy sauce
- 2 ml (1/2 tsp) granulated sugar
- 50 ml (1/4 cup) cold unsalted butter, cut in pieces
- Salt and freshly ground pepper

For your phone

Video Cookbook Pâtisserie (iPhone; free/iPad; \$1.99)

This video instruction series offers some delicious and creative pastries. But it's the free



MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

lessons on the fundamentals of fillings, icings, sauces, compotes and custards that make it a must-have.



MLB

Kershaw lands landmark salary from Dodgers

Pitcher Clayton Kershaw agreed Wednesday to a seven-year, \$215-million US contract with the Los Angeles Dodgers, a person familiar with the negotiations told The Associated Press, a deal that makes the two-time Cy Young Award winner baseball's first player with a \$30-million average salary.

THE ASSOCIATED PRESS

NFL

Manning vouched for Caldwell to Lions GM

Jim Caldwell's body of work helped him get a second opportunity to be an NFL coach.

Of course, there was that call from Peyton Manning, too.

Detroit Lions general manager Martin Mayhew says the Denver Broncos quarterback called him — unsolicited — during the team's search to throw support behind his former coach with the Indianapolis Colts. THE ASSOCIATED PRESS

NBA

Oden OK, but Heat aren't, in D.C.

The Washington Wizards had a 34-point lead against the Miami Heat reduced to single digits Wednesday night before holding on for a 114-97 win in Greg Oden's first game in more than four years. Oden played nine minutes and scored six points. THE ASSOCIATED PRESS

NHL

Pens win 13th straight in Pitt

The Pittsburgh Penguins keep finding ways to win games at home. The Washington Capitals keep finding ways to lose them in general.

No wonder the Metropolitan Division race is practically over before the Olympic break.

Olli Maatta's shot from the top of the left circle beat Michal Neuvirth with less than two minutes left and the Penguins rallied by the Capitals 4-3 Wednesday night. THE ASSOCIATED PRESS



Team Orr picks off Team Cherry in Top Prospects Game

Team Cherry celebrate the second-period goal of Michael Dal Colle in front of the Halifax Mooseheads' Nikolaj Ehlers, playing for Team Orr on Monday night in Calgary. Team Orr won the see-saw battle 4-3. DEREK LEUNG/GETTY IMAGES

Moose newcomer shines in victory

QMJHL. Herd welcomed back top 2 players with a stellar all-around performance



ANDREW RANKIN

andrew.rankin@metronews.ca

The moment Philippe Gadoury was anticipating arrived Wednesday night.

The Halifax Mooseheads' newly acquired forward suited up on the team's top line alongside Jonathan Drouin and Darcy Ashley.

The trio did exactly what they were supposed to, combining for seven points to lead the Mooseheads to a 5-1 victory over an overwhelmed Charlottetown Islanders squad before 7,121 ecstatic fans at the Metro Centre.

"It's fun to play with players like that and I think we're really going to do well," said a smiling Gadoury.

Playing in his third game since being signed by the Mooseheads, Gadoury rifled home his first QMJHL goal, a crisp one-timer on a laser feed



The Mooseheads' Timo Meier, centre, tries to get the puck past the Islanders' Vladislav Lysenko at the Metro Centre on Wednesday night. JEFF HARPER/METRO

from Drouin.

It was his second point of the night, which pushed the Mooseheads ahead 3-1 near the midpoint of the middle frame.

From the moment the 19-year-old forward Gadoury joined the Herd, he knew he'd have the chance to line up alongside Drouin, who returned from his world junior hiatus on Wednesday, along with netminder Zach Fucale.

"(Drouin) and (Ashley) have so much talent: They're good skaters, they have a good shot and good vision. I have to be

ready all the time. Every game, every shift I have to give a hundred per cent."

Dominating from the get-go, the Mooseheads outshot their opponents 48-17 on the night. After taking a two-goal lead into the final frame, Brent Andrews and MacKenzie Weegar added singles to put the contest out of reach.

Wednesday also marked the return of overage forward Andrew Ryan, who picked up an assist on the game's opening goal.

Now that the Mooseheads are close to 100 per cent

Quoted

"(Gadoury's) only been here for three games and you can already see he's making a big impact for our team."

Mooseheads defenceman Jesse Lussier

healthy, defenceman Jesse Lussier said he expects a different team to emerge with 23 games left on the Herd's schedule before the playoffs begin.

"We have four strong lines, and we were just rolling four tonight and we put up 50 shots," said Lussier, who finished with a pair of assists.

He was only too happy to see his newest teammate pick up his first Q goal.

The Mooseheads improve to 28-16-0-1 with the victory. They'll hit the road Saturday to take on the Rimouski Oceanic.

Ashley led the Mooseheads with a pair of goals and an assist. Luca Ciampini and Andrews picked up a goal and an assist, while Drouin finished with a pair of helpers. Alexandre Goulet responded for the Islanders.

Picking up pieces after a bad break



London, Ont., native Dave Duncan takes to the air on his way to victory in a men's World Cup skicross race in San Candido, Italy, on Dec. 22. ALESSANDRO TROVATI/THE ASSOCIATED PRESS

Dave Duncan. London Ont., native, who was injured for skicross event in Vancouver, is better than ever heading into Sochi

Dave Duncan's first Olympic experience was a disaster.

It also led to a conversation that gave the Canadian the motivation and drive to make the four-year push to Sochi.

Duncan never made it to the start area for the Olympic debut of men's skicross at the 2010 Vancouver Games after crashing during a training run at Cypress Mountain. Instead of making preparations to race in front of adoring fans in his home country, Duncan was waiting for X-ray results in hospital.

His fears were later confirmed — a broken collarbone would prevent him from competing at the Games.

"It definitely was a deep place, one of the deeper moments of my life so to speak,"

Quoted

"It might be a little more structured but still at the essence, it's just having fun with your friends."

Dave Duncan, comparing skicross to his days as a youngster when he and his friends would race to the bottom of the hill.

Duncan said in a recent interview. "It's not the way you expect your first Olympics to go."

Sensing that Duncan could use a little support, a nurse brought former Paralympian Rick Hansen into his hospital room. The Man in Motion was serving as an honorary mayor in the athletes village at the Games and had a message for Duncan.

"Basically the words were, 'What you do from this moment is going to define you,'" Duncan said.

It was then he realized his 2010 mission was in the past. Duncan became completely focused on his new goal of competing at the 2014 Games in Sochi. "Right there the decision was made," he said.

Duncan has already qualified for Sochi and appears set to peak at the right time. He's enjoying his best season on the World Cup circuit and started the new year in top spot in the overall rankings after recent back-to-back victories.

The London native had raced in several finals since joining the skicross team in 2007 but had not won a World Cup until this season. He broke through last month with a win in Innichen-San Candido, Italy and followed it up with another gold the next day.

"Maybe it's just a few more grey hairs," Duncan joked, when asked how he did it. "I'm getting older. It's just relying on past experience."

THE CANADIAN PRESS

Is bigger better?

Go to metronews.ca/gameon to find out how Canada's men's hockey team is planning to cope with the larger Olympic-sized ice surface in Sochi.



Hockey

Datsyuk named Russia's captain

Alex Ovechkin was the first Russian athlete to carry the Olympic torch, but Pavel Datsyuk will be Russia's captain in Sochi.

With the support of Ovechkin, Datsyuk was named captain of the Russian men's hockey team on Wednesday as the 35-year-old Detroit Red Wings centre prepares to participate in his fourth Olympics.

"I am honoured to be named a captain," Datsyuk said via Twitter. "Our team embraces the opportunity and responsibility of representing our country on the home ice."

THE CANADIAN PRESS

Moguls. Dufour-Lapointe and Bilodeau capture World Cup gold medals

Alex Bilodeau won the men's moguls gold medal and fellow Canadian Justine Dufour-Lapointe took the women's title Wednesday at a World Cup freestyle skiing event.

Montreal's Bilodeau, the reigning Olympic champion, took the men's title with a score of 25.72. He said he made some mistakes on his winning run and thought he might be surpassed by teammate Mikael Kingsbury. But Kingsbury almost went off the course on his final run and ended up sixth.

Americans Patrick Deneen and Bradley Wilson finished second and third respectively.

Dufour-Lapointe, from Montreal, put together a score of 23.90 on her final run to take



Alex Bilodeau THE ASSOCIATED PRESS

the women's title. She came back from a distant 15th in qualifying.

THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	46	29	15	2	132	102	60
Tampa Bay	47	28	15	4	136	113	60
Montreal	47	26	16	5	118	111	57
Toronto	49	24	20	5	136	149	53
Detroit	46	20	16	10	118	127	50
Ottawa	47	21	18	8	134	146	50
Florida	46	18	21	7	109	141	43
Buffalo	46	13	27	6	83	129	31

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	48	34	12	2	156	115	70
Philadelphia	47	24	19	4	125	132	52
Washington	47	22	17	8	140	141	52
N.Y. Rangers	48	24	21	3	119	126	51
New Jersey	48	20	18	10	112	118	50
Columbus	46	22	20	4	129	131	48
Carolina	46	19	18	9	111	130	47
N.Y. Islanders	48	18	23	7	132	156	43

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	49	30	8	11	177	135	71
St. Louis	45	32	8	5	163	100	69
Colorado	46	29	12	5	135	117	63
Minnesota	49	25	19	5	118	122	55
Dallas	46	21	18	7	132	141	49
Nashville	48	20	21	7	113	143	47
Winnipeg	48	20	23	5	133	146	45

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	48	35	8	5	161	119	75
San Jose	47	29	12	6	150	117	64
Los Angeles	47	28	14	5	120	96	61
Vancouver	47	24	14	9	123	115	57
Phoenix	46	21	16	9	135	143	51
Calgary	47	16	25	6	105	148	38
Edmonton	49	15	29	5	128	174	35

Note: Two points for a win, one point for an overtime or shootout loss (OL column).

SCORING LEADERS

	G	A	Pt
Crosby, Pgh	25	42	67
Kane, Chi	23	33	56
Tavares, NYI	21	35	56
Getzlaf, Ana	23	30	53
Thornton, SJ	5	45	50
Perry, Ana	25	24	49
Sharp, Chi	25	24	49
Kunitz, Pgh	24	25	49
Backstrom, Wash	11	37	48
Ovechkin, Wash	33	14	47
Toews, Chi	17	30	47
Okposo, NYI	19	27	46
Malkin, Pgh	12	34	46
Kessel, Tor	21	24	45
Hall, Edm	18	27	45

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	49	30	8	11	177	135	71
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Ovechkin, Wash	33	14	47
Toews, Chi	17	30	47
Okposo, NYI	19	27	46
Malkin, Pgh	12	34	46
Kessel, Tor	21	24	45
Hall, Edm	18	27	45

Not including last night's games

NFL PLAYOFFS

CONFERENCE CHAMPIONSHIPS

Sunday's games — All Times Eastern

AFC — New England at Denver, 3 p.m.

NFC — San Francisco at Seattle, 6:30 p.m.

SUPER BOWL XLVIII

Sunday, Feb. 2

At East Rutherford, N.J.

AFC vs. NFC champions, 6:30 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	30	7	.811	—
d-Miami	27	11	.711	3 1/2
Atlanta	20	18	.526	10 1/2
d-Toronto	19	18	.514	11
Washington	18	19	.486	12
Chicago	18	19	.486	12
Detroit	16	22	.421	14 1/2
Brooklyn	15	22	.405	15
Charlotte	16	24	.400	15 1/2
New York	15	23	.395	15 1/2
Cleveland	14	24	.368	16 1/2
Boston	14	26	.350	17 1/2
Philadelphia	13	25	.342	17 1/2
Orlando	10	29	.256	21
Milwaukee	7	31	.184	23 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	31	8	.795	—
d-Portland	28	9	.757	2
Oklahoma City	28	10	.737	2 1/2
d-L.A. Clippers	26	13	.667	5
Houston	26	14	.650	5 1/2
Golden State	25	14	.641	6
Dallas	23	16	.590	8
Phoenix	22	16	.579	8 1/2
Denver	19	18	.514	11
Memphis	19	19	.500	11 1/2
Minnesota	18	20	.474	12 1/2
New Orleans	15	23	.395	15 1/2
Sacramento	14	23	.378	16
L.A. Lakers	14	25	.359	17
Utah	13	27	.325	18 1/2

Wednesday's results

Boston 88 Toronto 83
Chicago 126 Orlando 125 (30T)
Houston 103 New Orleans 100
Memphis 82 Milwaukee 77
Philadelphia 95 Charlotte 92
Phoenix 121 L.A. Lakers 114
Sacramento 111 Minnesota 108
San Antonio 109 Utah 105
Washington 114 Miami 97
Cleveland at Portland
Denver at Golden State
Dallas at L.A. Clippers

Tuesday's results

Charlotte 108 New York 98
Cleveland 120 L.A. Lakers 118
Indiana 116 Sacramento 92
Memphis 90 Oklahoma City 87

Thursday's games — All Times Eastern

Brooklyn at Atlanta, 7 p.m.

New York at Indiana, 7 p.m.

Oklahoma City at Houston, 9:30 p.m.

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Horoscopes

Aries

March 21 - April 20

Be honest with friends today, even if what you have to tell them is not what they want to hear. Having said that, maybe what you think is bad news is good news in their opinion.

Taurus

April 21 - May 21

Any plans you make now are under the influence of the full moon, so try not to take them too seriously. A lot depends on whether you made them rationally or emotionally.

Gemini

May 22 - June 21

Your ideas are as good as anyone else's but for some reason you think you are not as smart as your rivals. They may have fewer self-doubts but where intelligence is concerned you are way out in front.

Cancer

June 22 - July 23

You may have a hard time controlling your emotions today but in a way that's good because, as usual, you have been keeping your feelings bottled up inside. Shout and scream if you have to.

Leo

July 24 - Aug. 23

Don't take it personally if loved ones are hard to get through to today. It seems they have a lot on their minds. If there are issues you need to discuss, wait until tomorrow when they won't be so worried by life.

Virgo

Aug. 24 - Sept. 23

Keep your ideas to yourself and stay tight-lipped even if your best friends ask what you are up to. That applies just as much on the work front. The less others know, the better for you.

Libra

Sept. 24 - Oct. 23

Someone who envies your calm demeanor will turn up the heat today in the hope that you will start to sweat, but what they don't know is that you thrive on this sort of pressure.

Scorpio

Oct. 24 - Nov. 22

Don't get upset if others don't seem interested in what you have to tell them. It's unlikely you will get much sense out of them over the next 24 hours.

Sagittarius

Nov. 23 - Dec. 21

Your words will carry more weight if you keep what you have to say to the point. Don't bother with explanations, just say what you mean and leave no one in any doubt that you mean what you say.

Capricorn

Dec. 22 - Jan. 20

Some people may not deserve your assistance but as the moon is full in your opposite sign, you should be considerate. However, don't be so considerate that you let slip information that could help rivals get rich at your expense.

Aquarius

Jan. 21 - Feb. 19

Today's full moon urges you to get your head out of the clouds and focus on the facts. You will have to tighten your belt financially over the next few weeks but it will only hurt if your attitude is wrong.

Pisces

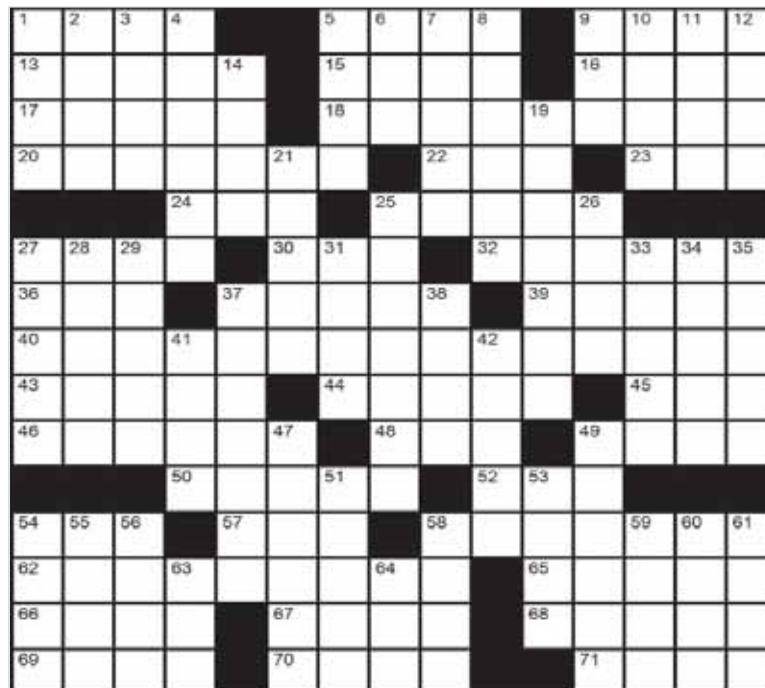
Feb. 20 - March 20

You may find it hard to stay focused today. You are advised to stop trying and let the cosmic winds blow you where they will. All roads lead to where you are destined to be. Why struggle? SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Canadian singer of "Can't Choose" feat. Kardinal Offishall
- NHL officials
- Heel height unit
- Overseas moneys
- Medley
- Casanova
- Express
- Canadian talk show icon who early on piloted a helicopter as a traffic reporter: 2 wds.
- "SCTV" polka duo, The ___ Brothers
- Certain constellation
- She's opposite
- Dietary letters
- Actress Sharon
- Pairs
- Lady's love
- F's music equivalent, ___
- Bob & Doug interjections
- WWI: Canada's coming of age on the world stage
- Pointing-arrow person
- Route 99's other name in BC: 4 wds.
- Popeye creator, E.C. ___
- White wine of Italy
- Fuss
- Smart ___ (Wise guys)
- Which person?



- Martha of "Some Came Running" (1958)
- Writer, Madame de ___ (b.1766 - d.1817)
- Actor Stephen
- Elvis record label
- Not their
- Needle
- CBC, e.g.: 2 wds.

- People of the Arctic
- Fever symptom
- Novelist Ms. Ferber
- Canadian lingerie retailer, La ___
- Autoshop repair
- Rockefeller Center muralist
- "Begone!"

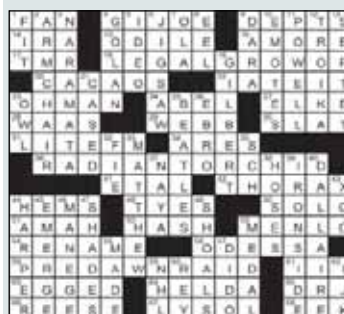
Down

- Ms. Simpson, to pals
- Baseball's Babe
- Apothecary weight
- Diarists
- Drove
- Yalie
- Last
- Evening party
- Pique

- Chris of "Sex and the City"
- Aww-inspiring :)
- Canadian luggage brand since 1986
- Post
- The Northwest ___
- Heaves
- Englishman Archibald Belaney (b.1888 - d.1938) ...during

- his life in the Ojibwa culture in Canada: 2 wds.
- ___Tzu
- W Network's current docu-series "___ & Scott" about Canada's ice dancing champs
- Tire
- Meryl Streep/Julia Roberts movie, "August: ___ County"
- Annoys
- Direct selling company
- Novelist Charles' bookish surname (b.1814 - d.1884)
- Comic legend Richard
- Saskatchewan city
- Ex-ruler of Iran
- Tie accessories
- Soap brand
- Food toppers
- Metric singer Emily
- Show wear due to wind and rain
- Greek goddess of discord
- Carangid fish
- Press
- Sentence part
- Tiff
- Now, to Nero
- Pyramids place
- Louisiana, for one, in French
- Drenched
- Time off, slang-style

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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